

# WINGSPREAD

Randolph Air Force Base ♦ Texas

60th Year ♦ No. 10 ♦ March 10, 2006

## Folded with honor



The Randolph Service Unit of the Girl Scouts fold a United States flag Tuesday in front of the Airmen Leadership School as part of the Scout's annual flag retreat ceremony. Base residents and community members came out to watch the event. (Photo by Steve White)

## New cell phone policy in place

By Staff Sgt. Lindsey Maurice  
Wingspread editor

Randolph vehicle operators are no longer permitted to talk on cell phones while driving unless using a hands-free device.

The new policy is in accordance with Department of Defense and Air Force-wide regulations implemented in late February.

While violating the new cell phone policy is considered a primary offense, which can result in a ticket and fine with loss of three points toward base driving privileges, base members are under a 60-day grace period, said Senior Master Sgt. Richard Sherman, 12th Security Forces Squadron operations superintendent. This means violators will be warned without penalty over the next two months.

"We aren't looking to penalize people," Sergeant Sherman said. "We just want to make sure everyone remains safe and pays attention to the road."

The new policy applies to all vehicle operators on the base and to all government owned vehicles off the installation.

Sergeant Sherman added that while people are permitted to use hands-free cell phone devices, they are prohibited from using other portable headphones, earphones and listening devices while driving a motor vehicle.

In keeping with safety, the security forces operations superintendent also encouraged drivers not to get distracted by other tasks such as playing with the radio, using GPS systems and personal digital assistants, or simply eating food.

"It's amazing what you see drivers doing behind the wheel," he said. "I've seen people doing everything from eating burgers to reading books. We just ask that drivers use common sense on the road for everyone's welfare."

Military members are reminded they are also not permitted to walk and talk on their cell phones unless required in the performance of their official duties and only with a government issued device.

The new cell phone vehicle guidance will be added to the Randolph supplement to Air Force Instruction 31-204 Base Traffic Supervision in the upcoming month.

All other San Antonio military installations have the same, if not stricter, cell phone policies in place.

## 900 complete Wingspread survey

### Readership poll shows people want more coverage, less ads

By Michael Briggs  
12th Flying Training Wing Public Affairs

Give us more coverage with fewer advertisements. That was the overarching theme of the comments provided by people who completed the Wingspread's 2006 readership survey in February.

More than 900 people took the survey and nearly 340 of them provided narrative comments in addition to answering the 34 multiple-choice questions posed.

"We are very grateful for such an overwhelming response, because it gives us solid data to work with in our newspaper improvement efforts," said Maj. Paul Villagran, chief of public affairs. "We have already incorporated some readers' suggestions and are planning to include others."

While adjusting coverage to meet customers' desires

is something the staff of the Wingspread can control, the amount of advertising is controlled through a contract with the publisher, Prime Time Military Newspapers, Inc., said Staff Sgt. Lindsey Maurice, Wingspread editor.

Under the standard agreement for Department of Defense civilian enterprise newspapers, the publisher sells ads to print the Wingspread at no cost to the government, she explained. Per regulation, the average quarterly ratio of advertising to editorial copy in newspapers cannot exceed 60 percent advertising.

"We monitor the layout each week to ensure we maintain the ad-to-copy ratio at 60 percent or less," Sergeant Maurice said. "Some people may think there are too many ads, but it saves the Air Force about \$150,000 per year versus paying to print a base newspaper."

The first change to the Wingspread based on survey feedback was to increase the sports section.

"Readers indicated they wanted more sports, so we

See Survey results on page 3

12th Flying Training Wing Training Status												
Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students				Wing Flying Hour Program					
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual		
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO	T-1A	4403.7	4533.1	10,725	
99th FTS	-2.0	0.5	USAF	232	OPS	39	International	0	T-6A	6998.3	7005.7	17,196
558th FTS	-16.0	-3.6	Navy	40	Advanced EW	23	EW Course	0	T-37B	2158.5	2131.1	5,796
559th FTS	-3.2	-1.9	International	3	Integration	21	Intro to EW	0	T-38C	3842.1	3977.7	9,937
560th FTS	0.3	0.6	Total in Training	275		83		0	T-43	1578.2	1578.9	3,982
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.					The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.				

### AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 140 Team Randolph members are deployed in support of military operations around the globe.

Senior master sergeant promotions announced ... see page 5



# Commander's Action Line

Call 652-5149 or e-mail  
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

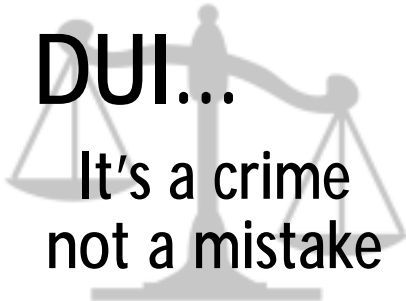
When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark  
12th Flying Training Wing commander

## Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

## “PROTECT YOUR WINGMAN”



Team Randolph's  
last DUI was  
February 25, 2006

# 10 minutes as a crash test dummy

By Master Sgt. Orville F. Desjarlais Jr.  
Air Force Print News

WESTHAMPTON BEACH, N.Y. (AFPN) – It was unsettling to know that until Feb. 28, the only two things that had ridden in the world's first multi-person rescue basket had been Lois and Adam, two test mannequins from the 746th Test Squadron at Holloman Air Force Base, N.M.

Lois is an acronym for Lowest Occupant in Service. She's the lighter of the two. Adam means Advanced Dynamic Anthropomorphic Mannequin. And Fearless is my middle name, unless I'm dangling from a helicopter 150 feet above treetops – in which case the “F” stands for freaked-out-crying-little-girl.

The reason the Air Force uses mannequins of different weight is because scientists don't know which one will be knocked around the most. In the business of flying around, it could be either. In this case, flying in the Heli-Basket proved to be an easy assignment for the two crash-test dummies, which are accustomed to wood-jarring ejection seat testing on lightning-swift speed sleds.

Lois and Adam flew at nearly 100 mph in the basket and barely registered anything on their complex matrix of test sensors. Scientists from the Air Force Research Laboratory Human Effectiveness Directorate at Wright-Patterson Air Force Base, Ohio, probably would've gained more sensor data had the two been involved in a soapbox derby crash.

That meant not a thing to me. After all, I have human sensors that have been finely honed since 1961. Given the right circumstances, I can laugh and cry within seconds of each emotion, like when a trophy-mounting fish slips my line.

When the New York Air National Guard's 106th Rescue Wing asked for human sacrifices, I mean volunteers, Senior Master Sgt. Diana Manno raised her hand because she wanted to be a part of history.

“They asked for live dummies, and that's me,” joked the airfield

management superintendent.

Deep in her heart, she thrives for excitement. She's an adrenalin junkie who likes to ride roller coasters and once plummeted down a thrill ride perched atop the highest casino in Las Vegas, Nev. She looks like the type who would even shop at the commissary on a military payday.

Before the human experiment, she said she was not scared – that being naive about the project was a good thing.

And she was correct. The more I delved into the Heli-Basket's history, the more I was concerned. Not for my safety, mind you. After all, Air Force professionals were conducting the test. But for the fact that it wasn't originally designed for human transport.

John Tollenare said he invented it to stabilize helicopter loads, such as plywood, which catch the wind and become unstable while being transported. But in June 2003, the Army certified its use for hauling cargo. He said it was a natural progression to try to certify the Heli-Basket to carry people.

Everyone involved in the test agreed that the Heli-Basket would have been useful during hurricanes Katrina and Rita. With a little luck, the rescue basket may get certified for human transport before the next hurricane slams into one of America's coastlines, but that is extremely wishful thinking. The process takes time. But the first step in that process is to get people like Sergeant Manno and myself in the basket and in the air.

When Sergeant Manno's time came to fly and she walked to the basket, her helmet chinstrap became troublesome. Then her tinted goggles came loose and pararescuemen tried to piece her back together like Humpty Dumpty, but the helicopter was churning up the wind while it hovered overhead and she ended up missing the flight.

“I became all discombobulated,” she said.

It was her hope to become the first woman to ride in the Heli-Basket. That honor went to Staff Sgt. Nicole Caruso, a 103rd Rescue Squadron supply

technician. It wasn't the first time women in the 106th Rescue Wing have entered the history books. Capt. Norma Parsons-Erb from the 106th was first woman to become a member of the National Guard.

Then it was my turn. As I strode to the basket on the third and final test flight, I wasn't interested in making history, although I would have the distinct honor of being the first Air Force military journalist between the ages of 40 and 45 from Montana to ride in the Heli-Basket.

Once in the basket, I saw the seatbelts were exactly the same type used in military aircraft. I've used them for 22 years, but on this particular day I forgot how to hook the two ends together.

Like Sergeant Manno, I had become “discombobulated.”

With the wind whipping around, the helicopter noise crashing down from above and the profound sense of urgency, I was fumbling around with the seatbelt like an untrained monkey. A pararescueman had to buckle me in like a 4-year-old in a car seat.

Just about the time I remembered that I had forgotten to wear adult-sized Pampers, we flipped up into the air like the feather at the conclusion of Forrest Gump.

Over the treetops we soared. Through the wires of the cage, I had an unobstructed 360-degree view as we flew about 150 feet above the trees. Or maybe it was a 720-degree view – counting the scene above and below, too.

The pararescueman, who had radio contact with the aircrew, would get our reactions as we flew 10 mph, then 20 mph, then 30 mph and finally 40 mph. Each time we all gave him a thumbs-up sign. It was like a magic carpet ride, except I was in a metal cage dangling from a helicopter – freezing.

At the end of the 10-minute ride, I agreed with Sergeant Manno, who said, “The ride was exciting, but I felt safe and secure in (the basket).”

I, too, was glad it turned out to be a nice safe ride. And, the F in my middle name can remain Frances – not freaked-out-crying-little girl.

## WINGSPREAD

### 12th Flying Training Wing

#### Editorial Staff

Col. Richard Clark

Commander

Maj. Paul Villagran

Chief of Public Affairs

Staff Sgt. Lindsey Maurice

Editor

### Prime Time Military Newspaper

#### Contract Staff

Jennifer Valentin

Bob Hieronymus

Staff Writers

Maggie Armstrong

Graphic Designer

### Wingspread office:

1 Washington Circle, Suite 4

Randolph AFB, Texas 78150

Phone: (210) 652-5760

Fax: (210) 652-5412

### Wingspread Advertisements:

Prime Time Military Newspapers

7137 Military Drive West

San Antonio, Texas 78227

Phone: (210) 675-4500

Fax: (210) 675-4577

### Wingspread online:

www.randolph.af.mil/12ftw/wing/pa/wingspread.htm

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron.

Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

## Congratulations Retirees

### Monday

Master Sgt. Lane Bourgeois  
Air Force Recruiting Service

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.



Delightful dishes

Commissary customers sample food at the store's grand opening ceremony Tuesday morning. The event, which included a truck and motorcycle giveaway, a performance by the Judson High School drum band, food sampling tables, three ice sculptures, including one of the historic "Taj," and live entertainment catered to thousands of customers. The commissary construction project, which began in June 2004, increased the store's sales floor space by 11,000 square feet. It also includes a new entrance and roofing, as well as dairy, produce, bakery and deli departments. The Toyota Tundra winner was Retired Tech. Sgt. Ben McCammon and the Harley Davidson winner was Chief Master Sgt. Gary Labute. (Photo by Don Lindsay)



Comparing Survey Results

Topic	Response	2003	2006
• Keeps me informed	Agree	83	80
	Neutral	12	13
	Disagree	5	7
• Information is trustworthy	Agree	31	70
	Neutral	46	23
	Disagree	23	7
• Information is up-to-date	Agree	63	59
	Neutral	20	27
	Disagree	17	14

Survey results

Continued from Page 1

worked with Prime Time to get at least one full page devoted to base sports each week," said Sergeant Lindsey Maurice. "We have set up an after-hours rotation among the staff to ensure we cover an intramural game each week, and we're looking at other sports and fitness activities we can incorporate."

Other projects are in the works, such as featuring a member of the Randolph community in a spotlight section each week.

Feedback from readers also indicated the desire for more coverage of base school activities, civilian and contractor employee news and information, and human-interest stories.

"We're looking at all options right now to see how much we can reasonably cover each week," Sergeant Maurice said. "We appreciate all of the suggestions, and we're putting a plan together to phase in more changes throughout 2006."

Compared to the results of the last readership survey of about 230 people in early 2003, the Wingspread continued to fare well in most of the major categories and increased nearly 40 percentage points in the area of trustworthiness.

In 2003, about 31 percent of respondents said they viewed the newspaper as a

trustworthy source of information. In 2006, 70 percent agreed the Wingspread was a trustworthy information source.

"We've incorporated a check-and-balance system into our newspaper production to ensure our information is accurate each week," Sergeant Maurice said. "I think that's paid off in the area of trustworthiness of the information."

All of the comments were not in glowing favor of what the Wingspread provides. Several readers commented the paper does not cover important news that affects people or present information and "bad news" objectively.

"We will certainly try harder to cover the big issues that affect people on base as objectively as possible," Major Villagran said. "People must keep in mind, though, that we are an Air Force newspaper and the commander's information tool. The Wingspread shouldn't be confused with daily commercial newspapers. We are given some latitude to provide opposing viewpoints, but those viewpoints need to be accompanied by a solution rather than people just venting steam."

"We realize it's not a bed of roses out there all the time, and we're trying to inform and fairly address people's concerns within the scope of what a base paper is designed to do."

For complete results, visit the Web at [www.randolph.af.mil/12ftw/wing/pa/survey.htm](http://www.randolph.af.mil/12ftw/wing/pa/survey.htm).

Survey Statistics

The following are the major questions asked in the Wingspread 2006 readership survey. For complete results, visit the Web at [www.randolph.af.mil/12ftw/wing-/pa/survey.htm](http://www.randolph.af.mil/12ftw/wing-/pa/survey.htm).

- The Wingspread is a vital source of base news to me.

Agree	56%
Neutral	27%
Disagree	17%
- The writing in the Wingspread is easy to understand.

Agree	81%
Neutral	15%
Disagree	4%
- The Wingspread keeps me informed about events on base.

Agree	80%
Neutral	13%
Disagree	7%
- Overall, the Wingspread is a trustworthy source of information.

Agree	70%
Neutral	23%
Disagree	7%
- I find local newspapers to be more trustworthy than Wingspread.

Agree	13%
Neutral	42%
Disagree	45%
- The stories in the Wingspread are timely and up-to-date.

Agree	59%
Neutral	27%
Disagree	14%
- Overall, the information in the Wingspread is accurate.

Agree	73.5%
Neutral	23%
Disagree	3.5%
- Amount of stories recognizing local people.

Very Good	49%
Satisfactory	42%
Poor	9%
- Quality of stories recognizing local people.

Very Good	50%
Satisfactory	43%
Poor	7%
- Rate the Wingspread as a source of information about the base.

Very Good	42%
Satisfactory	57%
Poor	11%
- Rate the Wingspread as a source of topics important to you.

Very Good	34%
Satisfactory	47%
Poor	19%



# Randolph announces annual award winners

## Wing, tenant unit Airmen, civilians vie for honors

More than 100 people gathered to honor the 2005 Team Randolph Award winners and nominees at a banquet March 2 at the enlisted club.

Nominees from the 12th Flying Training Wing, Air Education and Training Command, Air Force Personnel Center, Air Force Recruiting Service, Air Force Services Agency, 19th Air Force and Joint Personal Property Shipping Office competed for the annual recognition that honors people for their work during the previous calendar year.

Col. Richard Clark, 12th FTW commander, and Chief Master Sgt. Stephen Page, 12th FTW command chief master sergeant, presented the awards. The competition included 11 categories.

### Senior NCO of the Year

Senior Master Sgt. Richard Sherman is the senior NCO of the year. As the security forces operations superintendent, he provided and co-authored a 120-page air show security show plan that formulated a safe venue for the more than 250,000 people who attended. He also coordinated security operations for the president's visit to Randolph, as well as planned security for 400 general officers at the largest Blue Summit conference in history. In addition, Sergeant Sherman integrated 30 contract police guards into the operational mix at Randolph and redesigned traffic patterns to advance the completion of the main gate by six months.



Senior Master Sgt. Richard Sherman

### Additional Duty First Sergeant of the Year

Senior Master Sgt. Robert Cornejo, 12th Communications Squadron additional duty first sergeant, was named the Team Randolph Additional Duty First Sergeant of the Year. While serving in this capacity, Sergeant Cornejo assisted spouses of deployed members within his unit with issues they faced, including everything from housing problems to legal issues. Sergeant Cornejo also teamed up with the base Airman's Council to create Randolph's first Airman Against Drunk Driving program. In his spare time, he helped families during the Thanksgiving holiday by delivering food and collected gifts for children during the holiday season.



Senior Master Sgt. Robert Cornejo

### Junior Civilian of the Year

Donna Stokes-Jordan, a 12th Comptroller Squadron pay technician, is the Team Randolph Junior Civilian of the year. She provided service to more than 4,800 Randolph men and women and is responsible for the accuracy of \$476 million in civilian payroll. She also prepared more than 5,000 documents providing prompt payments to more than 482 newly assigned employees. She answered more than 800 call center inquiries within 24 hours ensuring swift response and customer satisfaction, as well as installed a self-help computer for timekeepers in civilian pay providing on-site answers to questions.



Donna Stokes-Jordan

### Junior Enlisted Member of the Year

Senior Airman Bret Robinson is a telecommunications acquisition specialist with the AETC Computer Systems Squadron. He won the junior enlisted member category for reviewing and handling 226 telephone contracts worth \$36,000 to verify no fraudulent or wasted funds for AETC. He also consolidated all telephone contracts by reducing the number held, saving AETC more than \$44,000 annually. Working as a youth and scout liaison, Airman Robinson coordinated arrangements with multiple base and outside organizations to bed 7,000 scouts and junior ROTC members.



Senior Airman Bret Robinson

### CGO of the Year

Capt. Joseph D'Amico II, chief of operations division for AETC Headquarters, won the company grade officer of the year award. He coordinated more than 500 troop deployments worldwide for Operations Enduring and Iraqi Freedom. He also integrated 177 troops in Operation Enduring Freedom operations who provided more than 340,000 man-hours of force protection. In addition, the captain rewrote and interpreted 21 special security instructions that enhanced air base defense operations. Captain D'Amico also coaches soccer three days a week and helps facilitate a karate class to teach children self defense and discipline.



Capt. Joseph D'Amico II

### Honor Guard Airman of the Year

Senior Airman Charlie Freeman, an Air Force Personnel Center data analyst, is the Team Randolph Honor Guard Airman of the Year. As an honor guardsmen, he performed military honors at 70 funeral ceremonies in 2005 and served as NCO in charge in 12 of the funerals with error-free performances. Airman Freeman was also selected to be the NCO in charge for the Colors Team at Lt. Gen. John Hopper's retirement, the 19th Air Force change of command and Col. Victor Ferrari's building dedication. In his spare time, he volunteered with Habitat for Humanity to help build two houses and tutored students at the Randolph library in math, accounting and computer programming.



Senior Airman Charlie Freeman

### Intermediate Civilian of the Year

Kathleen Leece, an AETC Medical Resource Management medical financial analyst, was named the Team Randolph Intermediate Civilian of the Year. She executed 17 contracts valued at \$20 million, as well as corrected a \$1.2 million accounting error that funded medical resources. She prepared a briefing for 28 Department of Defense members at the Medical Expense Reporting System Conference. In addition, Ms. Leece developed a training module for AETC Medical Resource management that successfully trained 60 medics. Ms. Leece led the reporting of money, manpower and workload of the largest financial program in AFMS.



Kathleen Leece

### NCO of the Year

Tech. Sgt. Steve Nichols, Team Randolph NCO of the Year, is the NCO in charge of Air Force Promotion Policy for the Air Force Personnel Center. He led an eight-member team to screen and verify 1,300 records, and facilitated actions to give more than 200 members promotion considerations who missed their cycles due to deployment. He also created a database that verifies service dates to ensure the correct data for members within a promotion cycle. In his spare time, Sergeant Nichols organized an Air Force Sergeants Association picnic for 150 disabled adults in the San Antonio area and has participated in local highway cleanup projects and marathon runs to support charity organizations.



Tech Sgt. Steve Nichols

### First Sergeant of the Year

Master Sgt. Jaime Casillas, Air Force Recruiting Service first sergeant, is the Team Randolph First Sergeant of the Year. He was recognized for being a concerned and involved leader within his organization. He is the key advisor on all enlisted issues within his unit and keeps the commander and leadership informed on key issues. Sergeant Casillas oversees both the unit's enlisted and officer recognition programs. He co-chaired the Annual AFRS Leadership Conference, which was lauded by attendees as the most informative in years. Sergeant Casillas also volunteered to support evacuees during Hurricane Katrina at Kelly USA and collected care packages for deployed troops of the unit.



Master Sgt. Jaime Casillas

### Honor Guard NCO of the Year

Staff Sgt. Tamara Thompson, Team Randolph Honor Guard NCO of the Year, works in crew chief assignments at AFPC. Sergeant Thompson also serves as first sergeant for the honor guard's C Flight. As an honor guard member, she performed in 75 military funerals. She served as NCO in charge of four active duty funerals, three color guard and retirements while leading a group of 15 for each. She was selected to represent the Air Force in a joint service color guard during a Women's National Basketball Association event in Houston saluting women in the military. Sergeant Thompson is also a basketball and softball team coordinator for the Randolph Youth Sports Program.



Staff Sgt. Tamara Thompson

### Senior Civilian of the Year

John Simonetta, a systems requirements analyst for the Air Force Personnel Operations Agency, is the Team Randolph Senior Civilian of the Year. Mr. Simonetta led an Air Force-level user through acceptance testing and found a major problem in the system that allowed him to fix and prevent more than 500 students from reporting late to overseas posts. He also developed and trained 35 systems developers in accurate coding and crucial operation. He served as technical director for an Air Force data processing initiative to consolidate major command assignment functions. Mr. Simonetta was elected chairman of a committee for AFPOA that consists of 102 people.



John Simonetta



# Chief of Chaplains headlines base prayer breakfast

By Bob Hieronymus  
Wingspread staff writer

About 200 people gathered at the officers' club March 2 to observe the Randolph National Prayer Breakfast.



Chaplain (Maj. Gen.) Charles Baldwin speaks at the National Prayer Breakfast here. (Photo by Joel Martinez)

This year's keynote speaker was Chaplain (Maj. Gen.) Charles Baldwin, chief of the Air Force chaplain service.

During his address, the chaplain spoke of masquerades, drawing on the characters and libretto of two musicals, "Les Miserables" and "Phantom of the Opera." He spoke of the challenges that confront us individually and as a nation as phantoms. These are things that come and then pass on leaving us either with burdens that slow us down or victories to celebrate, he said.

"We can choose to live in the shadow of the phantoms, or we can unmask the phantoms and conquer the fears they bring," said the chaplain. "The choice to be part of the victory parade is ours to make."

Like the phantom of the opera, the chaplain explained, people sometimes wear masks to hide their own fears and insecurities.

Taking off the masks may expose ugly scars but without the masks we make it possible for others to love us and restore damaged relationships, he said.

This is the way God wants us to realize our own weaknesses and embrace His strength, he added.

Chaplain Baldwin is a graduate of the Air Force Academy and a rated pilot with experience in the

EC-121. He also flew the HH-53 as a rescue helicopter pilot before earning his divinity degree. His first assignment as a chaplain was at Lackland Air Force Base, working with basic trainees. Today he heads the office responsible for the spiritual welfare of more than 850,000 active duty, Reserve, Guard and civilian employees in Air Force units, together with 2,200 chaplains and enlisted support people around the world.

The Randolph National Prayer Breakfast celebration also featured the music of award-winning country Gospel singer Clifton Jansky. His rousing rendition of "America the Beautiful," brought the crowd to its feet as people sang along with him.

Prayer breakfasts have been a national tradition since 1942 when prayer groups were organized in the Senate and House of Representatives in Washington during World War II for mutual spiritual support and to affirm the dependency of America on God, said Chaplain (Maj.) Daniel Giorgi, a base chaplain.

Today, the base breakfast is an extension of the Washington event, which is organized to bring together the leadership of the United States in recognition of the moral and spiritual values upon which the nation was founded, the chaplain said.

## NEWS BRIEFS

### AETC announces colonel moves

Air Education and Training Command personnel officials announced March 2 several colonels will be on the move this summer involving duty positions at Randolph.

Col. Thomas Arko, vice commander of the 47th Flying Training Wing at Laughlin Air Force Base, Texas, will become the chief of operations and readiness at 19th Air Force with a report date of no later than March 31.

Col. Robert Stine Jr., chief of the maintenance division at AETC, leaves Randolph to become the commander of the 58th Maintenance Group at Kirtland AFB, N.M.

Col. Joseph Schwarz, commander of the 12th Mission Support Group leaves Randolph to take an assignment as the chief of the programs division at Air Combat Command headquarters, Langley AFB Va.

Col. James Sohan, currently a student at Air War College, Maxwell AFB, Ala., will replace Colonel Schwarz as 12th MSG commander sometime before the end of July.

### Free technology symposium

Air Education and Training Command and San Antonio chapter of the American Society for Training Development, co-chairs for the Technology in Education and Training Conference, host a free two-day symposium and demonstration of instructional technologies at the Norris Conference Center in the Crossroads Mall May 10-11.

For details, visit [www.fbcinc.com/tetc](http://www.fbcinc.com/tetc) or call 652-8057.

# Senior master sergeant promotions announced

Twenty-three Randolph master sergeants received good news Wednesday when their commanders told them of their selection for promotion to senior master sergeant.

The Randolph Senior NCOs were among 1,303 master sergeants selected Air Force-wide. Those selected will be promoted to E-8 beginning in April.

The selection board, which convened Jan. 30 to Feb. 17, considered 15,104 master sergeants for an 8.63 percent selection rate. Last year's rate was 9.19 percent.

The average scores for those selected was 661.37, with an average time in grade and time in the service of 4.42 and 20.22 years, respectively.

The Randolph selectees are:

**12th Flying Training Wing**  
Dean Ferris  
Elvira Simpson

**Air Force Personnel Center**  
Wilma Belliard  
Lisa Graves  
Donald Hill  
Steven Parker  
Michael Stout

### Air Education and Training Command

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Dean George  
Deidre Godlewski  
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Gabriel Hage  
Robert Heasley  
Freddie Juarez  
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Timothy Sandberg  
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Richard Stevens  
Jimmy Tucker  
Carlton Wells

**Air Force Manpower Agency**  
Peter Speen

**Air Force Recruiting Service**  
Andrew Sites

**19th Air Force**  
Robert Robinson



# SECAF releases latest Letter to Airmen

SAN ANTONIO (AFPN) – In his latest Letter to Airmen, released Wednesday, Secretary of the Air Force Michael W. Wynne focused on Air Force Smart Operations 21.

The program is based on both Lean and Six Sigma business process improvement tools. These tools were developed chiefly in the private sector to focus on increasing value to customers, save time and money, reduce waste and improve quality.

"AFSO 21 is a leadership program for commanders and supervisors at all levels, looking at each process from beginning to end," Secretary Wynne wrote in his letter. "It doesn't just look at how we can do each task better, but asks the tougher and more important question: Why are we doing it this way?"

In his Letter to Airmen, Secretary Wynne explained how Smart Ops 21 will affect the future of the Air Force.

"We must continue to meet our worldwide requirements even with the continued pressure on our budget," he continued. "But AFSO 21 is not about cost cutting; it enables our service to take our warfighters of today and grow them into the most effective and efficient thinkers for 2010 and beyond."

This Letter to Airmen and other senior leader viewpoints can be found on the library section of Air Force Link located at [www.af.mil](http://www.af.mil).

# Military survivor benefits

The following is a summary of Department of Defense benefits for survivors of servicemembers who die while on active duty.

### Death gratuity

- \$100,000 tax-free all deaths of active duty members

### Burial benefit

- Servicemember entitled to casket, vault, headstone and interment in a government cemetery,
- Reimburse up to \$6,00 for private burial expenses
- Reimburse certain transportation costs for

immediate family

### Health and dental care

- Eligible dependents remain eligible for TRICARE at active-dependent rates for three years, then at retiree rates
- If already enrolled, dental care coverage premium-free for three years

### Survivor Benefit Plan

- Surviving spouse of the active duty servicemember receives 55 percent of what the member would have received if retired at 100 percent disability



### VA benefits

- Servicemember's Group Life Insurance, maximum \$400,000
- ### Dependency and indemnity compensation for certain survivors
- Survivors and dependents educational assistance
  - VA home loan entitlements
  - Bereavement counseling

### Texas state benefits

- Hiring benefits for surviving spouses
- For more details, call Capt. Brian Young, 12th Flying Training Wing Staff Judge Advocate office, at 652-6490.



# Air Force Assistance Fund kicks off Monday

## Randolph hosts barbecue to begin annual campaign

By Jennifer Valentin  
Wingspread staff writer

The Randolph Air Force Assistance Fund “Commitment to Caring” campaign kicks off Monday with a barbecue lunch from 11 a.m. to 1 p.m. at the 563rd Flying Training Squadron on the southeast side of base.

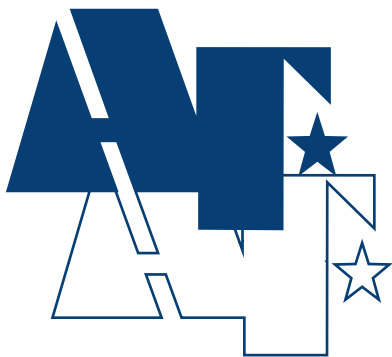
The annual campaign, which runs in conjunction with the Air Force wide AFAF campaign, gives members an opportunity to contribute to one or more of four different Air Force related charities.

The charities, which include the Air Force Aid Society, Air Force Enlisted Villages, Air Force Village Indigent Widows’ Fund in San Antonio and the General and Mrs. Curtis E. LeMay Foundation, support Air Force active-duty, Reserve and Guard members as well as retirees, surviving spouses and families. Each charity receives 100 percent of designated contributions.

“The AFAF is a tremendous opportunity for Airmen to give directly to other Airmen in need,” said Capt. Pete Rakovalis, AFAF project officer. “Many charities assist those in need, but AFAF is the only one focused solely on Airmen and their families.”

People can contribute to AFAF through cash, check, money order or payroll deduction. Contributions are tax deductible.

“Just remember that when you donate



to AFAF your money isn’t going to research or the environment, it’s going to your neighbor, your co-worker or your friend,” the captain said. “That’s why AFAF is so worthwhile.”

For more information on the AFAF campaign, visit <http://afassistance-fund.org> or call your unit key worker. For those who do not know their unit key worker, call Captain Rakovalis at 652-9368.

For more information on the Air Force Assistance Fund charities visit the following Web sites:

- The Air Force Aid Society [www.afas.org](http://www.afas.org).
- The Air Force Enlisted Villages [www.afenlisted-widows.org](http://www.afenlisted-widows.org).
- The Air Force Village Indigent Widow’s Fund in San Antonio [www.airforcevillages.com](http://www.airforcevillages.com).
- The General and Mrs. Curtis E. LeMay Foundation [www.lemayfoundation.org](http://www.lemayfoundation.org).



Gen. William Looney III, Air Education and Training Command commander, fills out an Air Force Assistance Fund pledge form in his office March 3. The Randolph AFAF campaign runs Monday through April 21. (Photo by Melissa Peterson)



### CELEBRATING WOMEN’S HISTORY MONTH 2006

#### Schedule of Events

**Today** – Book display at Randolph Elementary School library

**Today** – Women’s History presentation, slide show, and a performance by the John Jay Unarmed Girls Drill Team at 4 p.m. at the youth center

**March 22** – Fun run and walk at 11:30 a.m. at Eberle Park

**March 28** – Educational seminar “Living Wisely Forum” at 8 a.m. at the chapel annex

For details on any of the events, call Capt. Laura Ramos at 652-4376 or Capt. Bonnie Stevenson at 652-2543.

## Free tax assistance

The Randolph Volunteer Income Tax Assistance Program is providing free federal income tax return preparation to active duty servicemembers, retirees and family members who have a valid military ID card now through April 17.

Assistance is available by appointment only Monday through Friday from 9 a.m. to 3 p.m. The center is located on the first floor of the Taj Mahal, Building 100.

In addition to the tax center, military members can obtain assistance directly through their individual units, most of which have a unit tax advisor. UTAs undergo formal tax training from the IRS and are ready to offer the same tax assistance available through the center. Active duty members should primarily use their UTA to ensure timely service, as the tax center is the only base option for qualified family members and retirees.

Returns are generally filed electronically. Free electronic filing services are available through the IRS website at [www.irs.gov](http://www.irs.gov) for those members who want to prepare and file their own taxes.

To schedule an appointment, call Chris Hull 652-1040.

# ‘Why Catholic’ initiative begins on base

By Jennifer Valentin  
Wingspread staff writer

If you are Catholic, has anyone ever asked you why? Has anyone ever asked you to describe the faith of Catholicism?

Most people may answer that they were raised Catholic and attend church, and that may be all they have ever known.

But that’s about to change April 2.

That’s when the Randolph Chapel is implementing an initiative for Catholics called “Why Catholic.”

“‘Why Catholic’ is a unique opportunity to learn more about the faith based on the scripture and the catechism of the Catholic Church,” said Chief Master Sgt. Francisco Beatty, a Why Catholic member. “The initiative offers a sound approach to help adults deepen their Catholic faith and connect its teachings to their daily lives.”

The initiative focuses on having small groups meeting once a week for 12 weeks, Chief Beatty said. The groups will learn from the four books, or pillars,

that are taught, one book per 12 weeks. The sessions should continue for a total of about two years, he said.

At the end of all of the sessions, a mini-retreat will be held for members who want to attend.

“The Military Archdiocese in collaboration with Renew International condensed the initiative to two years to accommodate the military lifestyle, since a lot of members and families PCS and retire,” the chief said.

The first book that will be taught is “The Profession of Faith: What We Believe.” This book focuses on discovering the truth of the faith and how it connects with daily life.

The other books cover the sacraments, life of Jesus Christ and prayer.

A variety of people will benefit from the program, Chief Beatty said.

“We want to bring this to the benefit of Catholics who want to learn more about their faith, parents who want to pass on their faith, as well as the base dorm residents who want to know more about Catholicism,” he said.

Any Catholic with access to the base chapel services or anyone who worships on base can join a group. The goal of the initiative is to have 5-6 groups of 12 people, adding more as the initiative becomes more widely known. The groups can be hosted on or off base.

“If, for example, a military member wants to host a group at their home off base, and their neighbor wants to join, they are more than welcome to,” Chief Beatty said.

Father Dan Majerus is a member of the initiative and a member of the base chapel staff.

“I encourage anyone who wants to learn more about their Catholic faith to join one of our groups and find out what there is to know by learning with others,” he said.

The first group, focusing on the first of the four books, meets April 2.

Those interested in signing up can do so after the Masses this weekend and March 11-12. People can also call the chapel center at 652-6121 or Chief Beatty at 652-9696 for more information.



# Exercise: Important part of kids’ daily routine



By Jennifer Valentin  
Wingspread staff writer

With television, gaming systems, computers and MP3 players it can be somewhat difficult for children to get out of the house and exercise. But what many children don’t realize is that exercise is an important part of life, especially for them. “Although life can get very busy, it can also be very sedentary at times,” said Claire Behrens, base fitness programs manager. “Children sometimes receive little physical activity aside from organized or school sports.”

Lack of exercise can lead to obesity as well as diabetes whereas those children who remain active can build a strong, flexible and healthy body, Ms. Behrens said.

“If they are active every day, their body will thank them later,” she said.

According to the Kids Health Web site, exercise also strengthens muscles. By using muscles during exercise, children will become stronger.

Good exercises that use muscle groups include push-ups, pull-ups, bike riding, running and tug-of-war. Other fun exercises include swimming, skateboarding or skipping rope.

Erin Hunter swings from one ring to another on the playground at the youth center. (Photo by Steve White)

“When it comes to improving aerobic capacity, it’s generally recommended that children exercise 3-5 days a week for about 15-20 minutes,” Ms. Behrens said. “Frequency is usually tolerated in children more than duration.”

Another benefit to exercise is flexibility.

According to the Web site, most children can bend and stretch their bodies, touching their toes, without having any pain. This exercise can feel good for children, especially before or after exercising.

A lot of activities offer children the chance to increase their flexibility, such as tumbling, gymnastics, yoga, ballet and martial arts.

Those children who are active also need extra calories, said Ms. Behrens. Calories are needed every day for simple tasks such as walking and breathing, but if there is more activity involved, then a persons calorie intake should also increase.

“Whatever your calorie need is, if you eat enough to fill that need, your weight will stay the same,” Ms. Behrens said. “But if you eat more calories than are needed, it can be stored as excess fat, so you should be careful.”

Ms. Behrens added that another benefit to exercise is that it makes children feel good about themselves. When children exercise with friends, family or even by themselves, it can boost their energy and put them in a good mood, she said.

“It’s especially good for children to exercise with their parents,” Ms. Behrens said, “It shows the parents are great role models and it helps build relationships as well. We can lead by example.”

Children who are accompanied by a parent and are age 16 and older may use the cardio room of the fitness center, while children age 14 and older may use the basketball courts.

For more information, call 652-4311 or visit [www.kidshealth.org](http://www.kidshealth.org).

## Check!



Ray Smith (right) thinks about his next move against Roland Reeves at the base chess tournament Saturday at the enlisted club. Eighteen people vied for first place trophies in the tournament. In the end, Mr. Smith took first place in the Division I Adult Category and Mr. Reeves took first place in the Division II Adult Category. Other first place finishers included Robert Pederen, Division III Adult Category; Tyler Goodall, Youth Ages 16-18; Justin Ulrich, Youth Ages 13-15; and Rob Gruber, Youth Ages 8-12. (Photo by Steve White)



# They'll leave you hanging in mid-air

## Parachute riggers protect pilots' last line of defense

By Bob Hieronymus  
Wingspread staff writer

Many people have heard the joke. "If the parachute doesn't work, bring it back and we'll give you a new one. No charge."

But for the people who work in the base parachute shop, there is no joking about the quality of their work. It has to be right, or it doesn't leave the shop.

With only five people on the team, the shop maintains about 300 personal parachutes in addition to the life rafts and life preservers on the T-1 and T-43 aircraft.

"It can be demanding at times," said John Pintirsch, parachute shop supervisor. "But we love what we do and are happy to do it."

Each Randolph aircraft is slightly different, so the packing procedures vary and the parachute riggers must know all the details of each.

"You really have to know your stuff working here," Mr. Pintirsch said. "There isn't room for mistakes."

Pilots in the T-37 and T-38 aircraft strap on a 40-pound parachute before they leave for the flight line, while aircrews in the T-6 simply snap their harness onto the chutes that are integral with the seat in the aircraft.

The parachutes used in the T-37s and T-38s are opened, checked and repacked every six months. Repacking takes anywhere from four to eight hours, depending on the maintenance or repairs required, Mr. Pintirsch said.

The parachute in the T-6, on the other hand, is checked and repacked every four years because it is sealed in its container. It is compressed under three-tons of pressure for 72 hours in the parachute shop so that it fits in a small box positioned at the top of the ejection seat. The T-6's Martin-Baker seat system allows what is called a "zero-zero" ejection -- safe ejection at zero airspeed and at zero altitude above the ground.

"We have two of these special hydraulic presses here," Mr. Pintirsch said. "We'll be using them more and more as the T-6s come on line and when any of the T-38s are converted to use the Martin-Baker seats, new presses will be required."

The standard military parachute has a 28-foot diameter canopy, with 28 gores or segments, Mr.



Working on the 45-foot long rigging table, Eugene Lott, parachute technician, shows how the suspension lines and canopy gores are made to lie straight when a fan blows air into the canopy. (Photos by Bob Hieronymus)

Pintirsch said. The gores in each canopy come in four colors, international distress orange, white, brown and green, so that the person on the ground can use the appropriate color to signal or hide, as the situation and environment requires.

"The Air Force doesn't use the rectangular canopy chute like sky divers use," Mr. Pintirsch said. "The ram air chutes they use may allow them to control direction better and land at lower speeds, but the ram air canopy would tear to pieces at the high speed of ejection from a jet aircraft."

The Air Force parachute packs all contain a barometric pressure-sensing device that automatically deploys the chute at about 14,000 feet if the user has not already pulled the D-ring.

"This is designed so that, if the user is unconscious or unable to manually activate the chute, the parachute does not deploy at an altitude above where there is sufficient oxygen to breathe," said Eugene Lott, one of the parachute technicians. "Every time we repack a chute we test the automatic parachute release to make sure it operates at the correct pressure."

The riggers also re-install the emergency locator transmitters, another device inside every chute pack. The ELT is a small radio that transmits a beeping signal on the special radio frequency that all aircraft and control towers continuously monitor. If an Airman has used a parachute and can't be immediately located, the ELT signal

helps searchers home in on the signal to find the lost person.

As a final back up, the parachute packs include a copy of Air Force Pamphlet 64-15, a small 28-page booklet with instructions on how to use the parachute components in a survival situation.

Another device the riggers maintain is the LPU-9. When T-6 missions are planned to include overwater legs, those pilots are issued LPU-9 units, a kind of water wings. These devices contain a water-activated switch that automatically inflates the floatation bladders when they are immersed in water.

"About 80 percent of our work is on parachutes," Mr. Pintirsch said. "The other 20 percent is spent on maintaining the life rafts and life preservers on the larger aircraft and in sewing the many fabric aircraft covers used on the flightlines."

The shop has four heavy-duty sewing machines with which to repair canopies, parachute harnesses and covers.

Each T-1 aircraft on base has a nine-person life raft on board when the mission requires over-water enroute. The T-43s carry two 20-person rafts, he said. In addition the T-43s also carry 20 anti-exposure suits to protect passengers from water immersion and 20 individual life preservers of the type found on most commercial passenger aircraft. All these devices require checks every six months.

"The bottom line is that the work we do here is the pilot's last line of defense when something goes wrong in the air," Mr. Pintirsch said. "We take our work seriously, but it really gives us a feeling of satisfaction when a pilot comes back from having used one of our chutes and thanks us for saving his life. One man even sends a special thank you every year on the anniversary of his incident."



Marcy Schneider, parachute technician, finishes packing a drogue chute for a T-38 aircraft. The drogue chute is used to stabilize the seat after ejection.



# Higher learning

## Education center offers variety of programs, services

By Staff Sgt. Lindsey Maurice  
Wingspread editor

**A** good education is another name for happiness."

The words of author and educator Ann Plato ring true for many Randolph people who have sought out help from the base education center.

With more than a dozen educational programs available to military members, retirees, family members and department of defense civilians as well as five local colleges with offices located in the center, it's no surprise it has more than 800 customers come through its doors a month seeking help.

"That doesn't include e-mail inquiries and those people we visit," said Patricia Siulte, education center specialist.

"Education is becoming more and more important these days," she said. "And not just obtaining a degree but continuing on with your education after that."

The education specialist added that with tuition assistance and the Montgomery GI Bill, military members don't have the excuse of cost.

"One hundred percent tuition assistance is phenomenal," said Ms. Siulte. "I don't think many people realize the value of it."

TA is available for military members participating in high school completion and approved postsecondary education programs. Air Force TA will pay an Airman's tuition costs and mandatory fees up to a maximum of \$250 per semester hour of credit for voluntary off-duty education. To make the process even easier, students can fill the form out online and get it approved through the Air Force Portal.

"All they have to do is log on, fill out the form and it gets sent directly to us," said Karen Lachat, education center director. "Once we approve it they'll get an e-mail telling them so and they can log back onto the portal, print out the form and take it to the school they are attending."

The education center also has a Civilian Tuition Assistance Program

for Air Education and Training Command civilians. It pays the tuition costs and mandatory fees up to \$250 per semester hour for Air Force mission related courses. Customers using the civilian TA assistance must go to the education center to fill out the proper forms.

Those military members who opt to pay into the Montgomery GI Bill receive up to 36 months of educational benefits used for degree and certificate programs, cooperative, apprenticeship on-the-job training, correspondence, and flight training after they get out. Those military members who opted to pay into the Veteran's Educational Assistance program between Jan. 1, 1977 and July 1, 1985 can receive VEAP benefits which could be used for similar programs.

In addition to helping students understand their educational financial benefits, the center also offers a variety of testing services including College Level Examination Program tests, Defense Activity for Non-Traditional Education Support subject standardized tests, DANTES contracted certification examinations and Excelsior College examinations.

One of the most widely used educational programs on base is the Community College of the Air Force, said Ms. Lachat.

Through CCAF, Airmen can earn associate in applied science degrees that directly correspond to their enlisted Air Force specialty by taking courses through local universities or distance learning. CCAF is fully accredited by the Commission on Colleges of the Southern Association of Colleges and Schools, and CCAF credit may be transferred to other schools for completion of higher degrees, according to the Air Force Virtual Education Center.

At Randolph alone, more than 145 men and women earn their CCAF degree a year.

"If for no other reason enlisted members should visit the education



Jim Morris, education center specialist, helps Capt. Jack Ferguson of the 563rd Flying Training Squadron with his master's program planning. (Photo by Staff Sgt. Lindsey Maurice)

center to finish up their CCAF degree," Ms. Lachat said. "It can really make a difference in their enlisted career."

For those men and women interested in entering a two to four-year college program or earning their master's degree, five local schools have offices with counselors available at the education center. These schools include St. Phillip's College, St. Mary's University, Embry-Riddle Aeronautical University, Wayland Baptist University and Park University. Each of the schools also offers courses on base.

"Our customers really enjoy the convenience of classes being offered here," Ms. Lachat said. "Between the schools we average about 50-60 classes on base a semester."

The education center can also work educational deferments to freeze PCS assignments up to 12 months for some Airmen. Deferment recipients must be able to complete an associate degree or higher in one year or less through off-duty study in order to be considered.

Randolph men and women can also talk with the education center about available distance learning programs also known as home or

correspondence study. According to the AFVEC, distance learning is enrollment and study with an educational institution which provides learning materials for study by students at the location and time of choosing. It varies in scope, level and length.

For those Airmen and civilians with a bachelor's degree or close to obtaining one and who are interested in becoming a commissioned officer, the education center also has information on the different commissioning programs.

"There are lots of commissioning opportunities available in the Air Force," Ms. Lachat said. "Those interested just need to come see us."

People interested in speaking with an educational counselor can visit the education center Monday, Tuesday, Thursday and Friday between 8:30 a.m. and 4:30 p.m. and Wednesday between 8:30 a.m. and 2 p.m. The two counselors take customers on a walk-in basis only.

"We are happy to help in any way we can," said Ms. Siulte.

For more information, call the education center at 652-5964 or visit the AFVEC at <https://rso.my.af.mil/afvecprod>.

## Air Force Educational Programs & Opportunities

The following is a list of the various Air Force educational programs and opportunities:

- **Air Force tuition assistance:** TA is available for Airmen participating in high school completion and approved postsecondary education programs. Air Force TA will pay tuition costs and mandatory fees up to a maximum of \$250 per semester hour of credit for voluntary off-duty education.

- **Commissioning programs:** There are a variety of commissioning programs available to active duty Airmen. These programs include:

- Air Force ROTC Scholarships for Outstanding Airmen to ROTC
- Airman Education Commissioning
- Airman Scholarship and Commissioning
- Leaders Encouraging Airman Development
- U.S. Air Force Academy
- Officer Training School
- Professional Officer Course and Early Release

- **Community College of the Air Force:** CCAF offers associate in applied science degrees that directly correspond to enlisted Air Force specialties. CCAF is fully accredited by the Commission on Colleges of the Southern Association of Colleges and Schools, and CCAF credit may be transferred to other schools for completion of higher degrees. For more information, call Jim Morris at 652-5964.

- **Counseling services:** The Randolph Education Center has two Air Force counselors available to assist individuals in setting goals and pursuing educational opportunities. The counselors are available on a walk-in basis only.

- **Deferments:** Military personnel may receive an educational deferment to freeze permanent change of station assignments up to 12 months. Deferment recipients must be able to complete an associate degree (enlisted members only) or higher degree in one year or less through off-duty study.

- **Distance learning:** Distance learning (home study) is enrollment and study with an educational institution which provides learning materials for study by students at the location and time of their choosing. Distance learning courses vary in scope, level and length. Tuition assistance is authorized at the time of enrollment for distance learning courses offered within 18 weeks. Students enrolled in DL courses longer than 18 weeks are reimbursed after successfully completing the course.

- **Enrollment in specialized courses, career development courses and professional military education courses:** The Air Force Institute for Advance Distributed Learning provides correspondence courses in Air Force subjects for Air Force officers, enlisted members and civilians. For more information on enrolling in any of the AFIADL correspondence or

seminar courses, contact the education center.

- **Montgomery GI Bill:** The MGIB provides up to 36 months of educational benefits to cooperative, apprenticeship on-the-job training, correspondence and flight training.

- **Post-Vietnam Veteran's Educational Assistance Program:** The VEAP program provides education benefits to eligible people who entered active duty on or after Jan. 1, 1977 and before July 1, 1985 and contributed money to VEAP while on active duty. These benefits may be used for degree and certification programs, apprenticeship on-the-job training, and correspondence courses.

- **Testing services:** The education center offers a variety of testing services. They include the College Level Examination Program, Defense Activity for Non-Traditional Education Support subject standardized tests, DANTES contracted certification examinations and Excelsior examinations. The education center also administers end of course examinations for members enrolled in correspondence or seminar courses in Specialized, Career Development courses, and/or Professional Military Education through the Air Force Institute for Advance Distributed Learning.

(Information courtesy of the Virtual Air Force Education Center, located at <https://rso.my.af.mil/afvecprod>.)



# 12th CPTS/MSS defeat AETC/CSS 49-26

## Reigning base champs now 12-0 in intramural season

By Staff Sgt. Lindsey Maurice  
Wingspread editor

With 8:10 on the clock in the second half and the game still in question, the combined 12th Comptroller and Mission Support Squadron's Lorenzo McKinley nailed a 3-point shot that started a 22-4 scoring run to a 49-26 intramural basketball victory over the Air Education Training Command Computer Systems Squadron Monday night.

"AETC/CSS brought some tough competition – definitely our toughest competitors in the league," said 12th CPTS/MSS coach Bobby Ross. "Fortunately our guys stepped it up in the second half and pulled out another win. We have a lot of experience on the team and they know how to play team ball."

The first half started off fast on the floor but slow on the score board as both teams struggled to make shots. AETC remained focused in its defensive effort, forcing the CPTS/MSS, 12-0 in the league, to take shots outside the paint. McKinley managed to hit an early three but was silenced until late in the half when he dropped in a second basket from behind the three-point arc.

AETC's Cooper Bozarth kept his team in the game with half of his team's first-half points, including three baskets late in the half.

Both teams picked up momentum going into the second half, trading baskets on the court and getting the crowd into the game.

Cheers erupted as John Bone threw up a shot behind his back, followed by back-to-back baskets by McKinley, including his fourth 3-pointer of the night.

Top scorers for 12th CPTS/MSS included McKinley with 18, followed by Bone and Richard Langlois with 9. Top scorers for AETC, which fell to 8-3, included Bozarth with 10 and Bobby Padilla, Eric Blackwell and Edwin Howell with 4 each.



Air Education and Training Command Computer Systems Squadron's Eric Blackwell jumps up for a basket during a game against the 12th Comptroller/Mission Support Squadron Monday night at the fitness center. (Photo by Steve White)



### Basketball Standings as of Wednesday

INTRAMURAL	W	L
12 CPTS/MSS	12	0
AETC CSS	8	3
562 INSTR	8	4
AFPC	7	5
JPPSO	7	5
12 MDG	5	6
562 C FLT	2	10
12 CES	2	9
12 SFS	1	10
EXTRAMURAL		
AETC/DP	9	1
AFRS	8	1
AFSVA	7	2
AFPC 3	6	3
AFPC 2	5	3
AETC CSS	5	3
12 LRS	5	4
AFPC 1	4	5
AFMA	3	6
12 OSS	2	8
AETC/SG	2	8
19 AF	0	9



### Intramural Bowling Standings as of Feb. 27

Team	W	L
AFSVA	114	54
AETC/SC	106	62
SVS	104	64
AFPC	102	66
AFMA	96	72
AETC/LG	96	72
AMO	94	74
CS	92	76
DFAS	90	78
SFS	81	87
JPPSO	80	88
AETC/FM	80	88
AFPOA	80	88
OSS	78	90
RATS	77	91
AFPC/DFSG	66	102
AFSAT	66	102
CPTS	60	108
340 FTG	58	110
MED GP	56	112

### TEAM SCRATCH SERIES

Team	Score
AFPC	3062
AETC/SC	2925
JPPSO	2895

### TEAM HANDICAP SERIES

JPPSO	3348
SVS	3230
AETC/LG	3214

### TEAM SCRATCH GAME

Team	Score
AFPC	1093
JPPSO	1016
SVS	1009

### TEAM HANDICAP GAME

Team	Score
JPPSO	1167
AFPC	1139
SVS	1128

### SCRATCH SERIES

Men	Score
Kevin West	706
Mitch Mitchell	664
Jerry Bradfute	640

Women	Score
Lori Trainor	565
Wanda Gailan	505
Debra Chauvin	446

### HANDICAP SERIES

Men	Score
Doc Bolduc	772
Paul Davis	728
Mike Haggard	695

Women	Score
Heather Hellmann	724
Christina Daniels	683
Michelle Pena	639

# Great expectations

## HAWC offers fitness class for moms to be

By Jennifer Valentin  
Wingspread staff writer

Remaining "fit-to-fight" is a top priority for military members. But what happens when a member becomes pregnant?

For those Randolph mothers-to-be, the Health and Wellness center offers a monthly Fit Mom class with the next session starting April 5 from 1-2 p.m.

"The Fit Mom class is beneficial to all pregnant women, especially if they're pregnant for the first time," said Kim Houk, exercise physiologist.

While the class is open to all pregnant women on base, it is mandatory for those who are active duty.

During the class, women learn how to develop their own fitness program based upon which stage they are in their pregnancy, Ms. Houk said. They also learn the risk factors and how to monitor their progress.

"After completing the class, they should be able to dismiss all the myths they've heard associated with exercising and pregnancy," she said.

The exercise physiologist added that

exercising during pregnancy has many benefits associated with it.

"Those who exercise during pregnancy, can return to their pre-pregnancy weight and gain their strength and flexibility back much faster than those who are sedentary during pregnancy," Ms. Houk said. "Exercise may help later with labor too, possibly making it shorter and less-complicated."

Ms. Houk added that women who exercise during pregnancy also cope easier with everyday tasks and stresses and have improved self-esteem.

"Pregnant women who engage in regular exercise also have fewer symptoms of nausea, fatigue, leg cramps and back pain," Ms. Houk said.

There are 20 slots open in each class. The class is open to active duty members, dependents, civilians and retirees.

Capt. Rebecca Range, who recently attended the Fit Mom class, said it was very insightful.

"I think the class is a great idea," she said. "It shows our personnel that the Air Force is placing an importance on fitness, for all members."

To sign up for the class, call 652-2300.

## SPORTS BRIEFS

### Weigh to Win

A Weigh to Win class takes place Wednesday from 1-3 p.m.

Attendees can learn how to develop new eating habits and reach their weight goal.

To sign up, call 652-2300.

### Fitness introduction for seniors

People can pre-register at the fitness center front desk through April 1 for the fitness introduction for senior's class.

The class is scheduled for April 4 from 9:30-10:30 a.m. and covers cardio machines, aerobic classes, small free weights and circuit training.

To sign up, call 652-2955.

### St Patrick's Day 5K Dash

The fitness center hosts a St Patrick's Day 5 kilometer run and walk March 17 at 7 a.m. at Eberle Park. Runners who wear green receive a prize.

For more information, call the fitness center at 652-2955.